



Consulting and Training | Reach New Heights

Course Name

Emotional Intelligence Mastery

Sector Name

Interpersonal Skills and Self Development

Document Type

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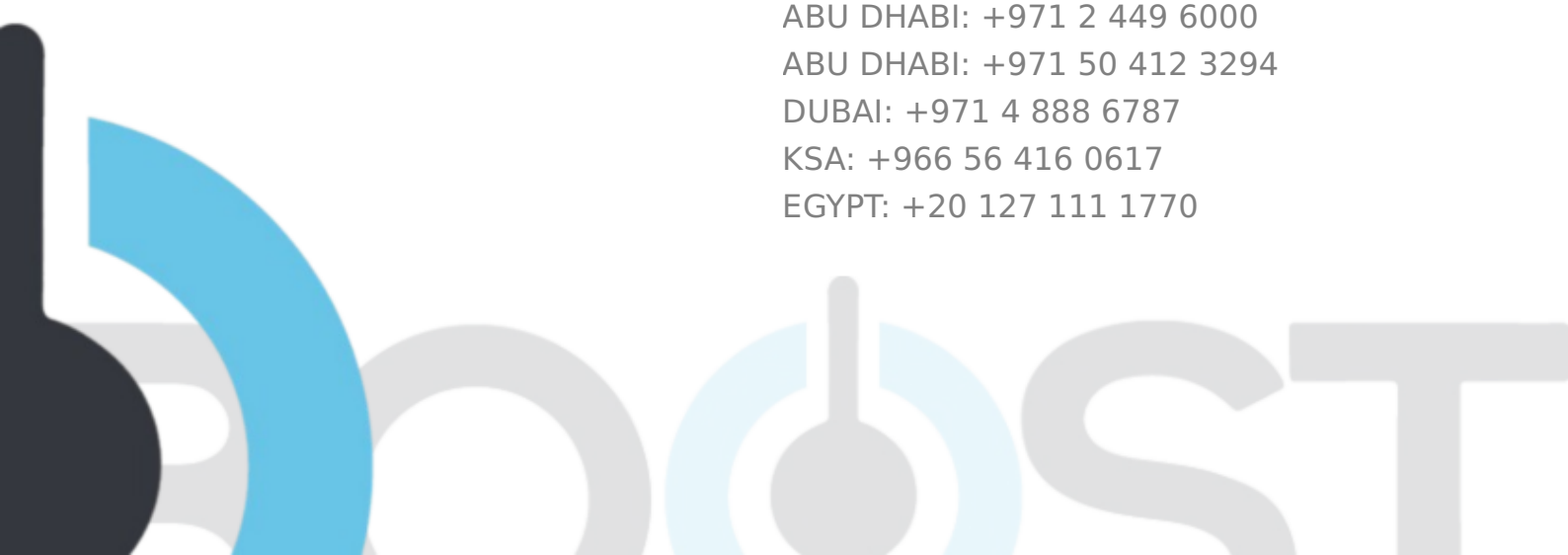
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Emotional Intelligence Mastery

Course Introduction

"Emotional Intelligence Mastery" is a comprehensive three-day training program designed to help participants understand, develop, and apply emotional intelligence (EI) in personal and professional contexts.

Through interactive sessions, practical exercises, and real-life scenarios, participants will learn how to enhance self-awareness, regulate emotions, build empathy, and improve interpersonal relationships. This course is ideal for those seeking to achieve personal growth, foster stronger connections, and lead effectively in any setting.

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Emotional Intelligence Mastery

Target Audience

- ✓ Professionals and Leaders
- ✓ Human Resource Professionals
- ✓ Individuals Seeking Personal Growth
- ✓ Customer-Facing Roles
- ✓ Educators and Coaches

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Emotional Intelligence Mastery

Learning Objectives

- ✓ Grasp the core principles of EI and its impact on personal and professional success.
- ✓ Identify emotional triggers and cultivate mindfulness for better decision-making.
- ✓ Learn techniques to manage emotions, reduce stress, and enhance resilience.
- ✓ Build the ability to understand and connect with others' emotions effectively.
- ✓ Strengthen communication, build trust, and navigate conflicts constructively.
- ✓ Use emotional intelligence to inspire, motivate, and foster team collaboration.
- ✓ Develop actionable strategies for continuous improvement in emotional intelligence.

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Emotional Intelligence Mastery

Course Outline

✓ 01 Day One

Understanding Emotional Intelligence

Introduction to Emotional Intelligence (EI):

- ✓ Definition and importance in personal and professional life.
- ✓ Components of EI: Self-awareness, self-regulation, motivation, empathy, and social skills.

The Science Behind EI:

- ✓ How emotions impact the brain and decision-making.
- ✓ The connection between EI and performance.

Self-Awareness Development:

- ✓ Recognizing personal emotional triggers.
- ✓ Techniques for increasing self-awareness.
- ✓ Practical exercises: Emotional journaling and reflection.

Practical Activity:

- ✓ Emotional self-assessment.
- ✓ Group discussion on personal EI challenges.

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Course Outline

✓ 02 Day Two

Mastering Self-Regulation and Empathy

Self-Regulation Techniques:

- ✓ Managing emotional reactions.
- ✓ Techniques for stress management and maintaining emotional balance.
- ✓ Building resilience.

Empathy in Practice:

- ✓ Understanding the perspectives of others.
- ✓ The role of empathy in conflict resolution and collaboration.

Building Emotional Connections:

- ✓ The power of active listening.
- ✓ Enhancing communication through emotional understanding.

Case Studies & Role-Playing:

- ✓ Scenarios to practice empathy and self-regulation in real-life situations.

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Course Outline

✓ 03 Day Three

Applying EI for Leadership and Social Skills

Emotional Intelligence in Leadership:

- ✓ EI traits of successful leaders.
- ✓ Inspiring and motivating others using EI.

Social Skills for Emotional Intelligence:

- ✓ Navigating difficult conversations.
- ✓ Building trust and rapport in relationships.

Applying EI to Team Dynamics:

- ✓ Managing group emotions.
- ✓ Techniques for fostering a positive team environment.

Action Plan for Mastery:

- ✓ Developing a personal EI growth plan.
- ✓ Setting goals for continuous improvement.

Wrap-Up and Certification:

- ✓ Summary of key learnings.
- ✓ Certificate distribution and group photo.

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Confirmed Sessions

FROM	TO	DURATION	FEES	LOCATION
Dec. 21, 2026	Dec. 23, 2026	3 days	4950.00 \$	USA , Los Angeles
March 15, 2027	March 17, 2027	3 days	3250.00 \$	UAE , Abu Dhabi
Sept. 28, 2026	Sept. 30, 2026	3 days	3250.00 \$	UAE , Dubai
May 23, 2027	May 25, 2027	3 days	3250.00 \$	Qatar , Doha

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